

How to improve memory and concentration

Mnemonics- Use the first letter of each item in a list to form a sentence or word you can remember (eg BEDMAS- order of operations).

Visualization- Picture the information on the page. Useful for graphs, diagrams, maps, etc. Visualize the picture in your mind so you'll know if you've made a mistake on the test.

Word Association- mentally link the material to a person, object or event you're familiar with. On the test think of the item you chose so you can remember the material.

Reciting- repeat the information aloud in your own words to help transfer the information from short term to long term memory.

Test yourself- create a practice test (or have a parent or teacher create one), and give yourself a time limit to complete it. Mark your own test once you've completed it.

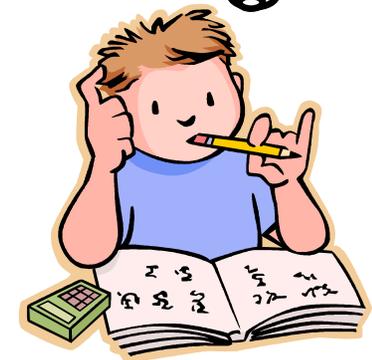
5 Tips for Multiple-Choice Questions

1. Review your class notes.
2. Plan your time accordingly.
3. Read the question carefully.
4. Identify key words.
5. Trust your instincts.

5 Tips for Writing Long Response Questions

1. Predict the questions.
2. Recognize the "question words".
3. Plan it out. Before you jump into the answer, take a few minutes to outline your answer.
4. Map your time.
5. Answer the easier questions first.

Test Study Skills



For grade 7 & 8 students



On Your Mark

- Study in a quiet area.
- No interruptions.
- Good lighting.
- Good air circulation.
- Study at a desk/table.
- Have everything you need before you begin.

Get Set....

- Don't cram--Start studying a week or more before the test for one hour every day.
- Follow a plan- start with the hardest material first.
- Review notes once a day and do an overview weekly.
- **Check** the course outline for any hints as to what might be on the test.
- **Think** about what the teacher has emphasized in class.
- **Look** through your notes and textbook, to see what was emphasized.

Go!

Remember, a test just mean, "Show me what you know".

- Be well rested.
- Eat breakfast.
- Bring watch & extra pens, pencils etc
- Read all directions.
- Read questions carefully.
- Underline key terms.
- Make sure you understand what is being asked.
- Write down ideas (so you don't forget).
- Relax, take some deep breaths before you begin
- Take your time.
- Think positively.
- Focus on answering the questions not on your mark.

Study Skills



1. **RAP**
 - Read.
 - Ask yourself what you read.
 - Put in into your own words.
2. **Digital Recorder**
 - Read the material.
 - Write out questions you think be on test.
 - Record the questions and answers on a recorder.
 - Replay your answers to check for correctness.
3. **Study Sheet**
 - Prepare a one page sheet with all the information for a main idea/unit.
4. **Flash Cards**
 - Read each paragraph in the text.
 - Write out a question on the front of the card
 - On the reverse side, write the answer
 - When you get a question right put a tick on the front of the card so you'll know which questions you need to focus on.